

# LYNN COUNCIL ON AGING SENIOR CENTER



## June 2018

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

### From the Director's Desk

June! Let's hope by the time this reaches you we have some warm sunny weather! We've been planning some fabulous trips and activities! For Father's Day, join us for homemade pancakes- yup! Flapjacks! Although my father's name was Guy, so Flapguys! With a little bit of melted butter and oozing syrup! And we'll reminisce about Dads. I loved my Dad, and we have some great stories... crazy stories! He never asked for directions and totally pretended he knew where he was going. He would forget the milk and tell us that Richdale was out! (Richdale was West Lynn Creamery back then, correct?) Scratch tickets came out then and they distracted him... a little. He went out for milk in North Tonawanda, New York and got lost. We drove to the store with the Erie Canal on our left. On the return ride it was still on the left. Dad said he knew where he was going. Crazy enough, we made it back to the house with the Erie Canal on the right. Crazy days of fun. You want to know what drives me crazy? Traffic cutters! Left lane is miles long and the right lane is wide open. The right lane drivers pull all the way forward and cut into the exit lane. Drives me crazy! If they ticketed all the cutters, it might solve the budget problems. Want to know what else drives me crazy? Telemarketers! Especially, those over enthusiastic drama queens who laugh so loudly claiming you're so difficult to get in touch with. Plus they call from my own number!? Crazy!

~Stacey Minchello

### From Your Mayor

We are happy to see that the warmer weather has arrived. As summer approaches, I hope that you will enjoy the great weather and take the time to visit our parks and beaches. On July 3, we will be jointly hosting the fireworks display on Red Rock with the town of Swampscott. This day also marks the beginning of the Summer Concert Series at Red Rock with Lois Lane and Daily Planets playing right before the fireworks display. To view the concert schedule for the remainder of the summer, please visit [http://www.ci.lynn.ma.us/attractions\\_redrock\\_concerts.shtml](http://www.ci.lynn.ma.us/attractions_redrock_concerts.shtml)

The end of the school year is quickly approaching and I look forward to celebrating graduation with our city's high school seniors. We wish them luck during this exciting time as they transition to college, the military or the workforce. We would like to welcome home the college students who are returning for the summer and encourage them to attend the upcoming summer events the city is offering.


Shows coming to the auditorium in June include The Clairvoyants, Happy Together & Stephen Stills & Judy Collins, and Cesar Milan. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

Last month we participated in the unveiling of the new Veteran's Center at North Shore Community College, The groundbreaking for the new KIPP Academy Lynn Collegiate High School and the groundbreaking for Lynn Housing Authority and Neighborhood Development's Minot Street Housing Initiative project. On May 25th, we showed the Academy Award nominated picture the *Darkest Hour* at the Lynn Auditorium. As you can see the city is buzzing with activity. I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Wishing all fathers and grandfathers a Happy Father's Day! Hope you enjoy your day surrounded by family and friends.

~Mayor Thomas M. McGee

**CUFFE-McGINN FUNERAL HOME**  
  
 157 Maple Street • Lynn, MA 01904  
 Tel: **781-599-3901**  
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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

Stacey Minchello  
Director 781-599-0110 ext. 503  
Erica Brown  
Program Coordinator ext. 618  
Rosa Paulino-Diaz  
Activities Assistant ext. 625

Hours of  
Operation:

Monday thru Friday  
8 a.m. to 4 p.m.

## LCOA Board of Directors

**Arthur Akers** President  
**Minette Lall** Vice President  
**Lester McClain** Clerk  
**Pam Edwards**  
**Frank LaMacchia**  
**Charles Mitchell**  
**Marlene Vasi Eddy**

Meets 4th  
Wednesday  
monthly at  
11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble** President  
**Ann Breen** Vice President  
**Katherine Brown** Treasurer  
**George Harvey** Recording Secretary  
**Anna Szpak** Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:** Jun 28 Jul 26 Aug 30 Sep 27  
**Considering joining the FRIENDS?** Come visit us and see what we're all about  
 Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

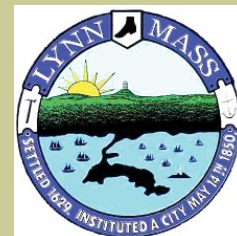
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](http://WWW.FACEBOOK.Com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger

~Dr. Harvey Berger

Thank you for your donation

~ Sophie Karoumpalis

In loving memory of Arthur Warren

~Hazel Reinholm

In honor of friends and players in the pool room.

~Kiki and Inky

In loving memory of Eleanor Mackin

~From your friend George Harvey

In loving memory of Louise Mitchell

~Charlie Mitchell

In appreciation of the Lynn Council on Aging,

~Fr. Michael M. Ferraro

# Place Your Ad Today!

## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

☐
☐
☐

Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

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152 Lynnway Ste 1A, Seaport Landing, Lynn, MA 01901  
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AD  
HERE  
CALL  
TODAY**

7 Liberty Square • Lynn, Massachusetts

Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**HARBOR 90FT**  
ADAPTIVANTS

## CASINO TRIPS

**Mohegan Sun**      **\$29**  
(40 people must sign up before June 8th!)

**Foxwoods**      **\$29**  
(40 people must sign up before August 10!)

**June 19**  
6:30am-6:30pm

**August 21**  
6:30am-6:30pm



Coach busses are equipped with handicap accessibility and **WI-FI!**  
**\*\*Refunds will only be issued if you notify us 24 hours in advance, or we sell your seat.\*\***  
 Please note that early departure times are an attempt to beat Boston traffic.

## ANNUAL INDEPENDENCE DAY BBQ CELEBRATION

Please join us Tuesday July 3rd for our annual Independence Day bar-b-que! Brought to you by the FRIENDS of the Lynn Council on Aging from **11:00am—2:00pm**. Tickets will be **\$4 a person**.



We will have advance ticket sales **starting June 1st**.  
 Senior center membership required (sign up that day)  
 50/50 raffle winner pulled at 1:00pm  
 Senior Center will close after, please **plan your ride for 2:00pm**

## MUSICAL AND JOY-BASED T'AI CHI

Beginning **Monday June 11th** and continuing every **second and fourth Monday** of the month, we will be offering Musical Tai Chi with Mike Elliott. It will be held at the Lynn Senior Center from **10:00—11:00am**. Musical and Joy-Based Tai Chi is a choreography of movements and poses that acts as a great form of exercise! It elevates heart rate, builds muscle tone, increases balance, energy, and mobility, improves posture, and decreases stress and pain.

Each session will cost **\$5** and you will need to reserve your spot. Please contact Erica at 781-586-8618 to do so.



## PAINTERS WANTED

We offer oil painting classes with instructor Dottie James every Tuesday from 10:00-11:30am. Located at the Senior Center, a \$2 donation is encouraged.

For more information, please call  
Dottie James 781-286-2841.



## THANK YOU!

Thank you to George Harvey for all his efforts in April's FRIENDS raffle. They raised money for the senior center and raffled off a \$10 gift certificate to Brother's Deli and a garden ornament.

## MEDICARE COVERAGE OF THE SHINGLES VACCINE

Did you know that all Medicare Part D plans cover a shingles vaccine, such as Zostavax or the newly released shingles vaccine, Shingrix, which is recommended by the CDC (center for Disease Control and Prevention)?

The cost for the vaccine will vary for each Part D plan and even by the pharmacy where you get the vaccine. You can contact your Medicare drug plan or Medicare Advantage Plan for more information on which vaccines are covered and the co-pay at your preferred pharmacy.

For assistance with any Medicare issue, contact the SHINE (Serving the Health Insurance Needs of Everyone) Program. Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. Call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845. Please leave a message and a counselor will return your call within two business days.

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn & Soda

### Wide Screen Plasma Home Theatre System

June 6	Apollo 13	1995	PG	2h 20m
June 13	The Shape of Water (12-2)	2017	<b>R</b>	2h 3m
June 20	WALL-E	2008	G	1h 38m
June 27	Mona Lisa Smile	2003	PG13	1h 59m



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.





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45 Albion Street • Wakefield MA 01880 • 781-224-3600  
North Shore Offices Phone: 978-774-2005 • 978-777-6009  
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CALL  
TODAY**

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Now Accepting Applications  
Subsidized Elderly Housing

Call 781-593-5700

**HARBOR**  
**90FT**  
ADAPTIVE

## JUNE HAPPENINGS

- Mon June 4** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue June 5** Birthday Karaoke 11:30am—1:00pm
- Wed June 6** Public Workshop NARCAN Training 3:00pm—4:00pm
- Thu June 7** Field Trip: Richardson's Ice Cream \$2 12:00pm—2:00pm  
Middleton MA
- Thu June 7** Walgreen's Shingles Vaccine Clinic 9:30am
- Mon June 11** First session of Musical Tai Chi \$5 10:00am—11:00am
- Wed June 13** Help for Hearing Loss Clinic 9:30am
- Wed June 13** Field Trip: Fuddruckers \$2 11:00am—1:15pm  
Saugus MA
- Wed June 13** **SENIOR CENTER CLOSED AT @ 2 PM**
- Thu June 14** Father's Day Entertainer—Tommy Rull 12:00am—1:00pm  
Sponsored by: FRIENDS of the LCOA
- Thu June 14** Ice Cream Social \$0.50 1:00pm  
Sponsored by: FRIENDS of the LCOA
- Fri June 15** Father's Day Pancake Breakfast \$3-\$5 8:00am—9:00am
- Fri June 15** **Brown Bag** 9:00am—12:00pm  
Sponsored by Greater Boston Food Bank
- Mon June 18** RESCHEDULED Fishing Trip \$2 9:30am—2:30pm  
Salem Willows—transportation, bait included  
Must bring own pole
- Mon June 18** Bingo Bonanza! \$11 games 1:00pm  
9 cards-paper sheets only  
Card sales begin at 11:30am and close promptly at 1:15pm
- Tue June 19** Mohegan Sun Casino \$29 6:30am—6:30pm  
Prepaid reservation required-see page 4
- Tue June 19** **GLSS Job Fair—SENIOR CENTER CLOSED AT 2:00**

## T-SHIRTS FOR SALE

We will be selling Lynn Senior Center T-shirts for \$5 each. At the center ask for Erica or Rosa. Get them while supplies last! All proceeds go to the Senior Center.

## FATHER'S DAY PANCAKE BREAKFAST

The FRIENDS of the Lynn Council on Aging will be hosting a fundraising pancake breakfast in honor of Father's Day. The breakfast will be held from **8:00am—9:00am** at the Lynn Senior Center., on Friday June 15th. Meals will include pancakes, juice, coffee, and sausage.

Tickets will be sold the day of, first come first serve.

\$3 for registered senior center members

Not a member? Sign up that day!

\$5 for staff and outside participants.

All are welcome!



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**YOUR  
AD  
HERE**

**CALL  
TODAY**

## LOBSTER CRUISE

Gloucester Lobster Luncheon & Cruise with Entertainment  
New England clam chowder, steamed lobster. BBQ chicken, corn on the cob, potatoes, and dessert

Cash bar

\$70.00



Pick up and advanced payments at:

9:30am Lynn Senior Center 8 Silsbee Street, Lynn

**SEPTEMBER 6**

Board boat at 11:00am—sail until 2:00pm

Return to Lynn approximately 3:30

Limited seating RESERVE EARLY SEATS SELL QUICKLY

No refunds unless seat is sold

Questions? Call Erica 781-586-8618 or Rosa 781-586-8625 #\_\_\_\_\_

Name\_\_\_\_\_ tele\_\_\_\_\_

Address\_\_\_\_\_

Emergency contact name\_\_\_\_\_ tele\_\_\_\_\_

Payment: Cash ☐ Check ☐

Reservation #\_\_\_\_\_

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## Wellness Watch June 2018

Days are now longer and the sun is getting hotter. It's time to prepare for the summer and that means learning the best possible ways to protect your skin. No matter what your previous protection strategies have been or your health history it is never too late to begin good skin care habits in the sun. Research shows that between 40-50% of Americans who live up to the age of 65 will have one type of non-melanoma skin cancer at least once. About 90% of non-melanoma skin cancers are associated with exposure to UV radiation from the sun. Therefore, using protection and staying out of the sun will greatly decrease the chances of being diagnosed with skin cancer. There is no single product or method that will guarantee protection against skin cancer. However, there is a combination of products and techniques that can be very effective. Below you will find many strategies to help your skin.

**Sunscreen** is the best product for your skin. Dermatologists recommend using a broad spectrum sunscreen with SPF 30 or higher applied daily. Using SPF 30 or higher has been proven to absorb 97% of harmful UV rays that are able to pass through clouds and glass. Make sure to reapply the sunscreen when sweating heavily or in water. It should also be reapplied every 2 hours if you are out in the sun for a prolonged time. Regular daily use of sunscreen reduces the risk of developing non-melanoma skin cancer by 40% and melanoma by 50%.

**Finding shade** is important throughout the entire day, but vital during peak sun hours which are between 10am and 4pm. Trees, umbrellas or canopies are great options for shade, but do not offer 100% protection. Staying out of direct sun exposure is a great method that will help protect your skin.

**Protective clothing** is another method to keep your skin safe in the sun. Clothes are reusable and provide full body coverage unlike sun screen that must be re-applied. A hat with a wide brim can protect the eyes, ears, face and back of the neck. Look for sunglasses that have 99-100% UV-A and UV-B protection which will greatly reduce eye damage from sun exposure. Long sleeve shirts and pants are an inexpensive option to protect the skin from excess sun exposure. It is best to choose loose fitting clothing made from tightly woven material.

**Medications** can often have side effects that increase the risks of sun exposure. The skin can have an increased sensitivity and sun exposure must be limited or avoided completely. Skin damage can include sunburn, blisters, rashes or swelling when out in the sun. Some medications to be cautious of include antibiotics, diuretics, antidepressants, anti-psychotics and anti-diabetics. Be sure to discuss these medications and their side effects with your doctor.

There is never any complete guarantee with any of these options, however choosing a combination of the techniques and products listed will greatly reduce your risk for skin cancer. As the weather warms up and being outside is much more enjoyable (The sun is a nice alternative to the many feet of snow from the winter) remember to protect your skin first!

**Kelsey Magnuson**  
**Program Coordinator, Wellness Pathways**



## SENIOR CENTER ACTIVITIES • June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
9:30-11:00 KNITTING & CONVERSATION	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	9:30-11:00 KNITTING & CONVERSATION
10:00-11:00 GAME TIME!	10:00-11:30 OIL PAINTING	9:30-10:30 BEGINNER'S TAP	8:00-11:00 KIOSK (IN2L)	11:00-12:00 LUNCH
11:00-12:00 LUNCH	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	11:00-12:00 LUNCH	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	11:30-12:15 EXERCISE CLASS (\$5)
12:00-1:00 MOVE SAFE CLASS	11:00-12:00 LUNCH	11:30-12:15 EXERCISE CLASS (\$5)	11:00-12:00 LUNCH	1:00-2:45 BINGO
12:00-1:00 SPORTS CLUB	1:00-2:00 THE CROWN	1:00 – 3:00 MOVIE	10:30-12:00 ACRYLIC PAINTING	
1:00-2:45 BINGO	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	12:30-2:30 JAPANESE BUNKA EMBROIDERY	
	1:30 BILLIARDS CLUB		1:00 –2:00 FREE ZUMBA CLASS	
			2:00-3:00 HORSE RACE GAME	

### OLYMPIA SQUARE APARTMENTS

429 Washington Street, Lynn

#### AFFORDABLE SENIOR RESIDENCE

- Close to stores, banks, senior center
- Spacious 1-bed apartments
- Accessible by train and bus
- On-site maintenance
- Modern laundry/community room
- Accepting applications



781-581-2051



Life Care Center of the North Shore is privately owned and is Lynn's best-kept secret. Located in a quiet, secluded residential neighborhood, it offers a comfortable, active environment where residents receive the nursing and rehabilitation they need while maintaining their maximum independence. Our commitment to quality care is demonstrated through out JCAHO accreditation.

#### Ready... Set... Go! Program

Our goal is for every discharged resident to be independent and safe in all areas of daily living. The Ready... Set... Go! Program allows our care-giving team to work with each rehab participant and his or her family to establish recovery goals and discharge plans.

Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

SKILLED NURSING CARE \* SUBACUTE CARE \* PHYSICAL THERAPY  
OCCUPATIONAL THERAPY \* SPEECH THERAPY \* RESPITE CARE

## VEGETABLES

C	A	B	B	A	G	E	M	E	A	I	P	A	C
R	R	U	C	P	H	S	I	D	A	R	U	A	M
P	U	U	P	E	O	A	B	E	E	T	M	H	C
E	O	T	L	A	R	T	B	U	E	L	P	E	B
N	I	A	A	U	R	T	A	R	A	E	K	I	P
E	Y	I	G	B	G	S	U	T	L	E	I	L	Y
C	R	U	P	P	A	I	N	R	O	K	N	O	O
I	L	E	I	E	C	G	N	I	N	T	C	C	O
A	A	G	A	E	A	L	A	G	P	I	U	C	E
C	A	U	L	I	F	L	O	W	E	R	P	O	U
C	U	E	T	E	L	T	E	F	H	R	A	R	U
A	R	L	E	M	A	T	O	R	R	A	C	B	E
Y	N	S	P	I	N	A	C	H	R	R	N	H	P
A	R	A	R	E	E	P	E	I	B	G	T	A	C

Summer brings warm weather and fresh produce! Try to find all of these delicious, healthy vegetables this summer.

LEEK      CABBAGE      CAULIFLOWER      TURNIP      POTATO  
 CARROT      PARSNIP      PEA      SPINACH  
 RUTABAGA      BROCCOLI      PUMPKIN      CELERY  
 ARUGALA      BEET      GINGER      RADISH

# June 2018

Requested Donation is \$2.00 per meal

## Greater Lynn Senior Services COMMUNITY CAFÉ MENU – JUNE 2018

GLSS NUTRITION  
781-586-8695

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.		HAPPY FATHER'S DAY!	<sup>1</sup> Rosemary chicken(386) Salad/dressing(252) Calories-751 Sodium-1022 ALTERNATIVE Spanish meatballs(228) Calories-789 Sodium-864
<sup>4</sup> Potato Pollock/sauce(310) Sweet potato hash(120) Calories-703 Sodium-695 ALTERNATIVE Chicken stew/rice(195) Calories-733 Sodium-600	<sup>5</sup> Pork hot dog/roll/mustard(886)* Coleslaw(167) Calories-796 Sodium-1395** ALTERNATIVE Beef/onions(128) Calories-700 Sodium-838	<sup>6</sup> Chicken scampi/pasta(514)* Salad/dressing(62) Calories-841 Sodium-878 ALTERNATIVE Baked pork(106) Calories-786 Sodium-652	<sup>7</sup> Chef salad ( turkey)-(247) Orzo salad/red pepper(52) Calories-876 Sodium-1131 ALTERNATIVE Cheese pizza(340) Calories-637 Sodium-675	<sup>8</sup> Meatloaf/gravy(214) Mashed potatoes(109) Calories-796 Sodium-921 ALTERNATIVE Bean/cheese burrito(250) Calories-705 Sodium-800
<sup>11</sup> Chicken meatballs/gravy(244) Cheddar potatoes(136) Calories(703) Sodium(695) ALTERNATIVE Macaroni and cheese(520)* Calories-732 Sodium-885	<sup>12</sup> Stuffed shells/sauce(505)* Broccoli(32) Salad/dressing(62) Calories-781 Sodium-883 ALTERNATIVE Seasoned pork(126) Calories-828 Sodium-678	<sup>13</sup> Cold roast beef/salad(126) Veggie pasta salad(50) Calories-800 Sodium-550 ALTERNATIVE Egg/cheese croissant(410) Calories-600 Sodium-870	<sup>14</sup> Father's Day Special Pulled Beef/BBQ sauce Macaroni and cheese Baked beans Fruit crisp Dinner roll Calories-924 Sodium-1017	<sup>15</sup> Lemon citrus chicken(80) Wild rice pilaf(148) Calories-600 Sodium-550 ALTERNATIVE Veg. Enchilada(300) Calories-650 Sodium-700
<sup>18</sup> Breaded fish/sauce(344) Macaroni and cheese(260) Calories-900 Sodium-1153 ALTERNATIVE Pork/BBQ sauce(276) Calories-836 Sodium-890	<sup>19</sup> Roast turkey/gravy(487) Mashed potato(109) Calories-690 Sodium-984 ALTERNATIVE Beef picadillo(330) Calories-770 Sodium-920	<sup>20</sup> Deviled egg salad/roll(310) Potato salad(311) Calories-770 Sodium-1020 ALTERNATIVE Eggplant parm(512)* Calories-650 Sodium-718	<sup>21</sup> Meatball sub/sauce/roll(622)* Sweet potato fries(170) Calories-705 Sodium-1003 ALTERNATIVE Honey lime chicken(200) Calories-720 Sodium-775	<sup>22</sup> Chicken fajita(275) Spanish rice(15) Calories-763 Sodium-850 ALTERNATIVE Garlic fish(100) Calories-703 Sodium-735
<sup>25</sup> Hamburger/bun/ketchup-654* Roasted potato(121) Calories-792 Sodium-1037 ALTERNATIVE Egg/cheese croissant(410) Potato(121) Peas(58) Calories-625 Sodium-909	<sup>26</sup> Tarragon chicken salad(328) Coleslaw(167) Calories-700 Sodium-1000 ALTERNATIVE Cheese ravioli/sauce(575)* Broccoli(32) Calories-620 Sodium-890	<sup>27</sup> Baked haddock/lemon(296) Salad/dressing(62) Calories-806 Sodium-1007 ALTERNATIVE Veggie Shepherd's pie(200) Salad/dressing(62) Calories-670 Sodium-820	<sup>28</sup> Lasagna/tomato sauce(405) Green beans/red pepper(6) Calories-731 Sodium-780 ALTERNATIVE Shredded chicken/onion(150) Yucca(17) Calories-783 Sodium-926	<sup>29</sup> Polynesian chicken(105) Fried rice(116) Calories-732 Sodium-571 ALTERNATIVE Stewed beef(42) Rice/chickpeas(83) Cal-807 Sodium-886

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# Hair Salon

## **SOPHIE'S SALON**

**WEDNESDAYS  
9:00 AM—1:00 PM**

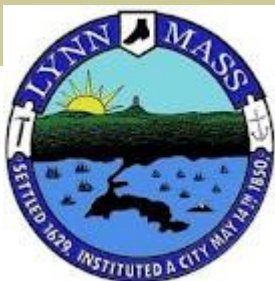
WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

WALK-IN OR APPOINTMENTS  
**\*\*SOPHIE WILL BE  
ON VACATION  
FROM JUNE 18–  
JULY 18!\*\***

## **KIOSK FOR LIVING WELL**

TUESDAYS 9:00-11:00  
THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**Thur June 21 & Thur July 12**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### BLOOD SUGAR & BLOOD PRESSURE

**Every Wednesday**

8:00 am - 9:00 am



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

LYNN, MA  
PERMIT NO. 56